



Lifeguard Training

LEHI LEGACY CENTER LIFEGUARD TRAINING February / March 2012

Become American Red Cross Lifeguard Certified!
New 2012 Lifeguard Update

Do you want to become a lifeguard?
Come sign up to take the course.
Course pre-requisites: 1. Must be at least 15 years old by the last day of class. 2. Must pass the pretest on the first day of class. The pretest is a 300 yard swim (100 yards freestyle/front crawl, 100 yards breaststroke, 100 yards freestyle or breaststroke), 25 yard swim to deep

end to retrieve a 10 lb. brick and swim back to shallow end, and tread water adequately for 2 minutes. Lifeguarding, First Aid, CPR and AED Certifications included in the class.

CLASS

February 27, 29
March 2, 5, 7, 9, 12, 14, 16



×QUICK FACTS

What Lifeguard Training
Where Lehi Legacy Center Pool
Who Anyone 15yrs or Older
When Feb 27 March 2,5,9,12,16 (6:00pm-9:00pm)
Feb 29 March 7, 14 (5:00pm- 9:00pm)
Fees..... \$160 (Manuel & Mask Included, must bring 1 inch binder, \$10 non-refundable fee for pretest.)

REGISTRATION

Class space is limited, sign up now!
Registration Office open Mon-Fri 8am-6pm or on-line @ www.lehi-ut.gov

INFORMATION

For more information contact Legacy front desk @ 801-768-7124



Lehi Legacy Center
123 N Center St.
801-768-7124



www.lehi-ut.gov/legacycenter



Post until 2/19/13